GOOD NEWS FOR HOMEMAKERS

By
Shirley W. Walton
Extension Agent

ADD SPICE TO YOUR LIFE

With the fall season approaching and a chill in air, our thoughts turn to good flavors that are derived from spices such as allspice, cinnamon, cloves, ginger and nutmeg. Many of our seasonal foods feature these spices that please our taste buds.

This week I am going to share some informaiton about allspice and cinnamon. Both of these spices are used in the Recipe of the Week which follows.

Allspice is known as Jamacan pepper in Central and South America, but you know it as allspice. In spite of its name, it's only one spice - - the dried small berry of a West Indian tree. It earns its confusing name because of cloves, cinnamon, and nutmeg.

The spicy, pea-sized berries are picked while still green from an evergreen tree which belongs to the myrtle family. These trees grow from 20-30 feet tall. Natives carefully remove all small twigs and stems by hand. The berries are then picked and dried in the sun until they turn a dark reddish-brown. Sifting and cleaning for marketing follow. This is why we pay a seemingly high price for some of the spices and herbs we use. There is a great amount of human labor involved in their harvesting.

Ground allspice is a must for mincemeat and pumpkin pies, fruit cakes, and in many cookies and cakes.

Cinnamon is the queen of baking spices. It has a long and interesting history, richly brocaded with mystery and fables. Prized for its fruity sweet aroma, it was used in the preparation of love portions, and for the scenting of perfrumes and ointments long before its value as a seasoning was generally known.

Cinnamon is the reddish brown bark of an evergreen true which is a member of the laurel group. The flavor is full bodied and a favorite of Americans. It is imported from Indonesia, China, and Batavia.

This spice is obtained from the young shoots which twice a year are cut and peeled. New shoots grow from tree stumps. The bark is rolled into quills or stick as it dries. It is tied into bundles and exported, later to be cut into small sticks or ground and sieved into a fine powder.

There is a special bond between cinnamon and apples. They blend together beautifully in pie, applesauce, cake and almost any cooked apple dish.

Ground cinnamon is the perfect sweet spice for baked foods and desserts and it's delicious sprinkled over puddings and hot cereals.

Stick cinnamon is used in pickling, in flavoring puddings and as a muddler for coffee, tea, and a variety of other beverages such as cider.

Add some spice to your life by trying the following recipe. It will be delicious served with vanilla ice cream, whipped topping or toasted for breakfast. This recipe is very dependent upon the flavors provided by allspice and cinnamon.

RECIPE OF THE WEEK
Fresh Apple Cake

1 c. shortening (margarine)
2 c. sugar
4 eggs
2½ c. flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
½ c. water
1 tsp. vanilla flavoring
3 cups apples, chopped finely
1 c. chopped pecans - optional

Cream shortening with sugar and eggs until light; add sifted dry ingredients alternately with water. Fold in vanilla, apples and pecans. Pour into 2 prepared loaf pans. Bake at a350 degrees for 1 hour. This cake will freeze well.

FROSTING:
½ cup margarine
1 c. brown sugar
½ c. heavy cream or evaporated milk
1 box confectioners sugar
½ tsp. vanilla flavoring

Combine margarine, brown sugar and cream; mix well. Add confectioners sugar and vanilla; blend well. Spread over cake. Yield: 20 servings.

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SIXTH GRADE 4-H OFFICERS for 1976-77 in Miss Jordan's class are, seated left to right, Glen McClenny, President; Dean Jamerson, Vice President; and Norman Walker, Reporter. Standing, left to right, are Charles Walker, recreation leader; Susan Morris, recreation leader; and Becky Jordan, Sixth Grade Teacher. Absent from this photo was Billy Embrey, Secretary.

FOURTH GRADE 4-H OFFICERS for 1976-77 in Mrs. Brightwell's class at Pamplin Elementary School, seated left to right, are Tom Cobb, President; Carol Jennings, V-President; Kenneth McClenny, Secretary; and Susan Reed, Reporter, standing left to right, are Norma Richardson, recreation leader; Ray Richardson, recreation leader; and Mrs. Sadie Brightwell, Fourth Grade Teacher.

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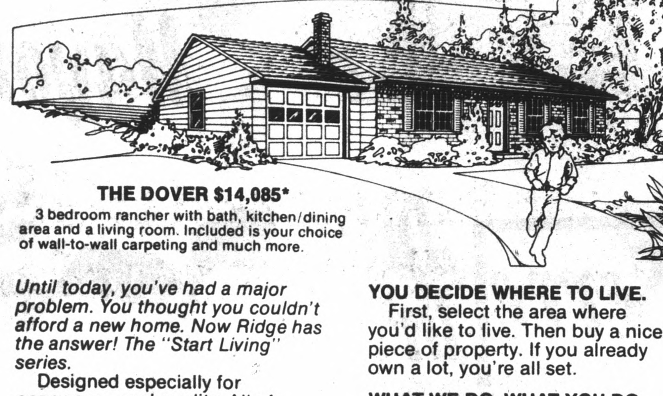

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ART CONTEST WINNER ENJOY GALA BICENTENNIAL 4TH IN CAPITAL

OFF TO WASHINGTON- Boarding their flight at Youngstown airport with company representative Jim Butcher, communications, are from the right: grand prize winer, Kenny Vaughan, and his parents, Mr. and Mrs. William H. Vaughan. William H. Vaughan is a graduate of Carver-Price High School in Appomattox.

The artistic talents of Monica Banaszak (Indiana Harbor) and William K. "Kenny" Vaughan (Youngstown) paid off handsomely.

As grand prize winners in the Happy Birthday U.S.A. Bicentennial Art Contest, Monica and Kenny and their families were the company's guests for five action-packed days in Washington.

Flying there early on Friday, July 1, the group enjoyed the Bicentennial week end in regal splendor. Traveling by limousine, Monica and Kenny toured everything from Arlington to Watergate. They even dined at the famous San Souci (where Mrs. Ford recently held a birthday luncheon for the President). They bid Washington good-by on Monday, July 5th after one last whirl through the Smithsonian Institution.

Oakville

Sorry to hear Mrs. Bruce Moore's mother, Mrs. Clements had a bad fall last week. We hope she will soon recover.

Visiting in the home of Mrs. Maggie Gardner and Ethel Sunday afternoon were Mrs. Elmo Crews, of Lynchburg, Mr. and Mrs. Walter Moore, of Gladstone and Mrs. Faye Cawthorne and children.

Mrs. Dennis Drinkard is still a patient at Virginia Baptist Hospital. We pray she will continue to improve.

Mrs. Claude A. Moore, Mrs. Clark Lewis, Mrs. Dora Coleman, Mrs. Charlie Lewis and Mrs. Otho Martin, Jr. were from this area that enjoyed the Williamsburg Bus Tour on Saturday.

Mr. Roland Smith returned home Sunday after receiving treatment at Virginia Baptist Hospital.

Mrs. Alonza Martin, of Lynchburg, spent several days last week with her sister, Mrs. Marshall Martin. Sunday dinner guests of Mrs. Martin were Mr. and Mrs. Garland Plunkett and Mr. and Mrs. Alonza Martin.

Mrs. Marshall Martin and Mr. and Mrs. Alonza Martin visited their sister, Mrs. John Davis in Dillwyn Sunday afternoon returning home on Monday.

Mr. and Mrs. Herbert Richardson enjoyed a steak cookout in Buckingham Sunday afternoon as guests of the Buckhorn Hunting Club.

Sorry Mrs. Royal Moore is in Lynchburg General Hospital. We pray she will continue to improve.

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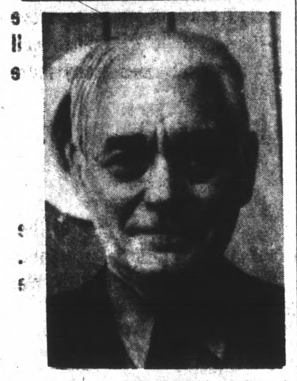
photo by Joe Vaughan

Red Oak To Celebrate 200th Anniversary

Rev. and Mrs. G. E. Hughes are shown above in colonial dress ready for the celebration of the 200th Anniversary of Red Oak Baptist Church in Oakville. Rev. Hughes is pastor of the church.

The 200th Anniversary of the church will be celebrated with all-day services on October 3, 1976. The church sign was erected this year with brick from the old Red Oak Church used to case it.

Many former members and friends are expected to attend this event.



Dr. J. J. Bowman

Accepts Call By Rocks Baptist

Dr. J. J. Bowman, Intermin Pastor of the Rustburg Baptist Church, has accepted a call by the Rocks Baptist Church in Pamplin to serve them as Intermin Pastor. The Rev. Donald S. Wagner, former pastor of Rocks Baptist Church, has accepted a call from the Rustburg Baptist Church to serve as pastor. These changes are effective the first of October.

Dr. Bowman has served many area churches in the past five years. He has served the Liberty Baptist Church, Providence Baptist Church, Red House; the Beulah Baptist Church, Hat Creek; Ebeneza Baptist Church, Naruna; Gladstone Baptist Church, Liberty Chapel Baptist Church, New Hope Baptist Church, Rustburg Baptist Church and now the Rocks Baptist Church.

For over twenty years he has conducted the weekly Sunday School Lesson Program on Saturday morning at 8:30 A.M. over WLVA-TV. Prior to serving as Pastor of College Hill Baptist Church in Lynchburg, he served as Chaplian in the Army during World War II.

4-H CHICK-N-QUECONTEST ANNOUNCED

Want to have fun? This is the time to acquire a skill that will be used for a lifetime. Enter the Appomattox Chick-N-Que Contest. One can always impress his friends by his skill at barbecuing. Extension Agent Elmore Jordan noted that the contest will be held on September 25 at Holiday Lake 4-H Educational Center beginning promptly at 10:00 a.m. and ending at 1:00 p.m. All participants will receive ribbons. Our first place winners in each age group (9 -13/14-19) will represent our county in the District and Area 4-H Contests next spring.

Each participant will need a small grill, charcoal, lighter fluid, 1 chicken, cutting board, sharp knife, bowls, paper towels or a cloth for cleaning, your own special barbecue sauce and any other materials you may need. Mr. Jordan also stated that participants will be judged on personal appearance and cleanliness, starting and controlling your fire, preparing your chicken for cooking, skill in barbecuing, knowledge of barbecuing, timing (2 ½ hours allowed) and the finished chicken.

Be there to demonstrate your barbecue skill and enjoy an exchange of ideas.

Rocks

A wonderful rain fell in this area last week. Everyone was so thankful for it.

Mrs. Mary Dickerson of Lynchburg spent last Sunday night with her sister-in-law, Mrs. Lockie Martin of near Evergreen.

Mrs. Clarence Richardson and Mrs. Flora Dickerson were notified last week of the death of their aunt, Mrs. Bernice Murray of Lynchburg.

Mrs. Clarkie Ranson of Evergreen was rushed to Virginia Baptist Hospital on Tuesday of last week. A speedy recovery is wished her.

Mr. and Mrs. James Thackston of High Point, N. C. arives last Wednesday due to the illness of Mrs. Thackston's sister-in-law, Mrs. Clarkie Ranson who is ill.. Mrs. James Thackston remained here with Mrs. Clarkie Ranson for awhile.

A number attended the Bushey Funeral at Piney Ridge Church on Thursday afternoon.

Congratulations to Mrs. Lou Roach who won the flower from Superior Trees Nursery last week.

Mrs. Genevia Riverberg who has been in Southside Hospital in Farmville has returned home.

The community was shocked Saturday to hear of the sudden death of Vester Garrett's son-in-law, Emmett Lewis Austin of Lynchburg. Sympathy is extended this family.

Bob Martin was taken to a doctor in Lynchburg Saturday and remained at the hospital. Mrs. Samuel Martin remained with him.

Mr. and Mrs. Aulden Roach and family, and Mrs. Erna Roach attended the homecoming at Union Hill Church on Sunday.

A number attended the W.M.U. workshop at Liberty Church Monday night. The State Mission Day of Prayer will be at the church on Thursday, at 7:30 P.M. All W.M.U. members are invited to be present. The Goal is $217.35.

Mr. C. V. Wilburn was our guest speaker for the morning and evening services at Rocks Sunday. He was very welcome.

Mr. and Mrs. Thurman Wilcox of Roanoke spent the week end here with Mr. and Mrs. S. E. Ranson.

Bill Caldwell went back to the doctor in Lynchburg for a check up on Monday.

A number from here attended the 5 County fair in Farmville last week. A few received prizes there. Mrs. Joan Ranson was among the judges for the Dress Revue at the 4-H event on September 9 in the High School Auditorium. Winners from here were: Susan Morris and Patty Roach. Congratulations to each of these girls.

Rev. Omah Burnette will be the guest speaker at Rocks Church on Sunday, September 26.

Mrs. Emeline Hamilton of Appomattox fell and broke her hip last week and is in the hospital in Lynchburg.

Cassie Baldwin,
Correspondent

Pamplin

Mrs. Howard T. Williams, Jr. entered Virginia Baptist Hospital last Friday for test and x-rays.

Mr. and Mrs. Herman Katorskty, Prospect, left last Sunday for a mouth's visit with relatives in Hamburg, Germany.

Mr. and Mrs. Page Petty, of Red House, are spending several days in Las Vegas, Nevada.

Mr. and Mrs. Harold Southern, of Norfolk, visited relatives last week end.

Mr. and Mrs. Lloyd Inge invited their family and friends to a watermelon feast Sunday afternoon.

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PRIMARY SCHOOL CAFETERIA MENU

Mon., Sept. 27 - Hot dog on bun, slaw, potato puffs, cookie, milk

Tues., Sept. 28 - Sausage pattie, apple sauce, string beans, jello & topping, milk, roll & butter

Wed., Sept. 29 - Turkey hash, creamed potatoes & gravy, green peas, milk, fruit, roll, butter.

Thurs., Sept. 29 - Hamburger on bun, steamed cabbage, potato chips, fruit, milk

Fri., Sept. 30 - Vegetable or chicken noodle soup, crackers, grilled cheese sandwich, milk, ice cream

JORDAN NEWS

The Senior Choir will practice Friday night at 7:30 p.m.

Preaching services Sunday at 11 a.m.

There will be a special program here the second Sunday night at 7 p.m.

JORDAN NEWS

Visiting in the home of Mr. and Mrs. Corey Austin the past week was his brother, Rev. Finis Austin, from Toledo, Ohio.

Cannan Baptist

Family Day will be held Sept. 26th at 3:30 P.M. Rev. Wane and one of his singing groups from C. St. Baptist Church will be our guest. We are inviting our family, friends, and co-workers to come and worhsip with us. Benefit of the Building Fund.

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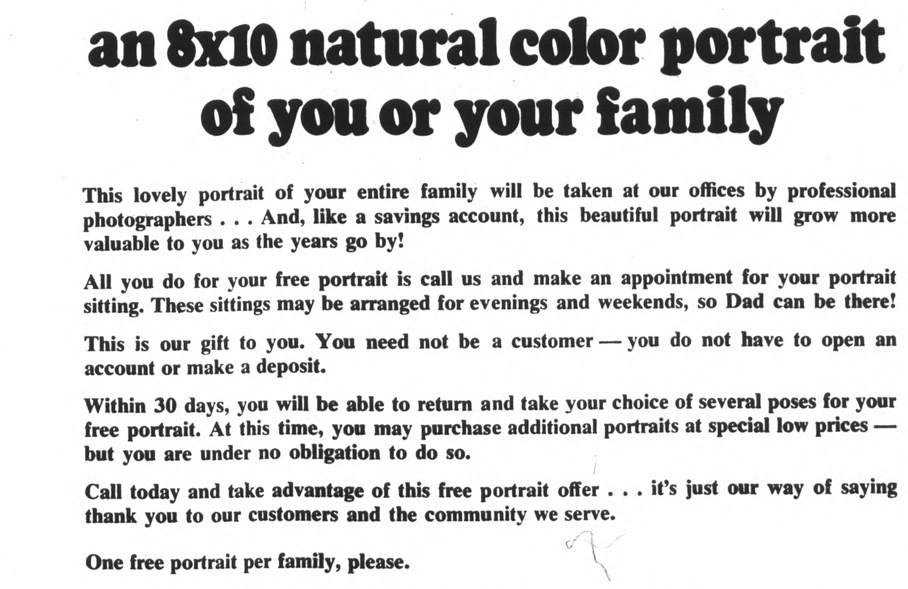

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